

Lowman

WILDWATER SAFETY TIPS

PICK AN APPROPRIATE STRETCH OF RIVER

 Match your skills and experience to the class of the river using the Scale of Difficulty.

DRESS FOR AN UNEXPECTED SWIM!

 Cold water, which could lead to hypothermia, can rob your strength and impair your ability to swim to safety. Wear a wetsuit, nylon or fleece — not cotton!



USE PROPER EQUIPMENT

- Coast Guard approved whitewater lifejacket/PFD (Type 3 or 5), fastened and snug
- Helmet to protect from serious injury
- Coldwater protective clothing
- Protective footwear
- Throw rope, whistle & knife and know how to use them

KEEP YOUR GROUP CLOSE TOGETHER

- · Have a float plan and rescue strategy
- Safety of group is only as strong as least experienced member

RECOGNIZE AND AVOID HAZARDS

- Fallen trees, low-hanging branches and other strainers
- Rocks and undercuts
- Powerful hydraulics



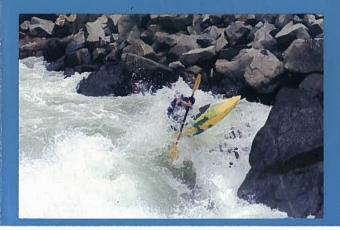
SWIM AGGRESSIVELY

- Away from hazards, toward calm water, the shore. or your raft
- · If rafting, pull swimmers aboard immediately
- Avoid undercut banks and rocks



DEFENSIVE SWIM

- Feet up and pointed downstream
- Use your arms to maneuver
- Don't stand up! Avoid foot entrapment fast water can entrap your foot between rocks, push you over, and pin you under the surface





SELF RESCUE

When spilled, check on your partner, get to the upstream end of the craft and swim to safest shore (a 15-foot canoe hurled against a rock by a current of 10 mph can exert a force of over four tons). Leave the boat only if it will improve your personal safety. If a rescue is not likely, if the water is numbing cold, or if a worse set of rapids is approaching, swim to the safest shore. To lessen your chance of injury, adopt the safe swim position.

Scale of Difficulty

This scale rates a rapid by the level of skill needed to navigate its obstacles and to survive an accidental swim.

CLASS 1: EASY. Moving water with small waves, few obstructions, easily missed with little training. Risk to swimmers slight; self-rescue is easy.

CLASS II: NOVICE. Straight forward rapids, wide clear channels easy to maneuver without scouting. Swimmers are seldom injured and self-rescue is easy for individuals in good physical condition.

CLASS III: INTERMEDIATE. Rapids with moderately-sized, irregular waves that may be difficult to avoid and can swamp an open canoe. Complex maneuvers in fast current demand good boat control in tight passages or around ledges. Scouting is a must for inexperienced parties. Injuries while swimming can occur but are rare, self-rescue relatively easy but group assistance may be required to avoid long swims.

CLASS IV: ADVANCED. Intense, powerful but predictable rapids requiring precise boat handling in turbulent water. May feature large unavoidable waves and holes or constricted passages demanding fast maneuvers under pressure. Scouting advised for all parties first time down each season as routes change due to varying water levels. Risk to swimmers is moderate to high and water conditions may make self-rescue difficult. Group assisted rescue essential to avoid injury and long swims.

CLASS V: EXPERTS ONLY. Extremely long, obstructed, or very violent rapids which expose a paddler to increased risk. Swims are dangerous and often difficult even for expert paddlers.